



## Profiles in Wellness



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#### Washington State

I am 52 years old. I spent 22 years on military active duty where I was not only encouraged but mandated to be fit. It is not sufficient to perform all the physical demands the military imposes on you, but one must also couple them with practices such as smoking cessation, control of alcohol intake, and diet management. I am not proud of a past of smoking, excess drinking and a disastrous diet, but I am proud that through the years I have made lifelong modifications where I do not smoke, don't drink, exercise and eat sensibly.

I am currently in the Governor's Health Challenge where I have logged over 70 miles for the month of October. This may not sound like a lot, but it is significant to me as I am unable to run or spend a lot of time walking due to abused knees and a grueling travel and work schedule.

I intend to step up my fitness efforts and continue eating sensible. As I get older, I know that I will need every advantage to avoid illness and injury. I encourage other adults over 50 to do the same.